

22 Best Yoga & Wellness Retreats Around the World

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Travel to the mountains of British Columbia, relax on the beach in the Caribbean, embrace the spirit of the Himalayas, enjoy yoga and meditation with a view in New Zealand, or check into one of the best wellness retreats in Europe – there are many beautiful getaways to choose from around the world. While this list focuses on escapes outside of the United States, be sure to also read [20 Best Spiritual and Yoga Retreats in the U.S.](#)

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>> Shreyas Yoga Retreat, India

Embark on a life-enriching journey of self-discovery at Shreyas Yoga Retreat, a 25-acre secluded paradise in Bangalore, India which is a member of the Relais & Chateaux group. This authentic and traditional yoga retreat provides a variety of packages that incorporate twice daily Ashtanga and Hatha yoga classes as well as chanting and meditation sessions. Take advantage of complete comfort in one of the 3 types of villas on the property, which overlooks lush and beautiful gardens. Without television in the room, you will be able to dedicate yourself completely to meditation and self-reflection. At this retreat, you also have the opportunity to visit the Rejuvenation Spa and try out a variety of massage and body treatments.



[Shreyas Yoga Retreat]

Savor vegetarian meals prepared with fresh ingredients grown on the property's agricultural herb gardens and rice fields. Past guests have shared that their most cherished experiences included spending an hour working in the gardens with their hands each day. Rates start at \$330 per person, including meals. [Santoshima Farm, Gollahalli Gate, Nelamangala, Bangalore, India \(website\)](#)



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